Periodic letter III

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Periodic letter III

News

Student Office still forced to cut student services: affects especially students working with their thesis

There is still lack of resources in student services at ELEC. Our efforts to find a satisfactory resolution have so far been unsuccessful.

Unfortunately, we are forced to continue with cut opening hours and lengthened processing times. In addition, there will be only four degree programme committee meetings in 2019 and therefore only few possibilities to evaluate theses and approve thesis topics. Students working with their thesis and thesis supervisors are advised to make sure the thesis topic is approved at the start of the thesis process to avoid delays in evaluating the thesis and graduating. Equally important is to plan the finalization of the thesis well before the deadline for applications.

Deadlines for approving the thesis topic and evaluating the thesis are 2 Feb and 27 May.

Please check the deadlines for applications on Into > your programme > graduation.

- Service desk at Maarintie 8, room 1151 closes for morning times, expect on Fridays. The service desk is open Mon-Thu 12-15.30 and Fri 9.30-11.
- Processing times for study matter will be lengthened and students should take care to leave applications and other matters on time to be processed. Incomplete applications are postponed automatically to the next deadline.
- Degree diplomas will be ready by the graduation ceremony, students cannot pick them up sooner anymore.
- Course grades are registered in Oodi in 3 weeks’ time after announcement, so announcing results also directly to students is important.

The major Signal, Speech and Language Processing in the CCIS master’s programme has been discontinued

With the decision by the Academic committee of the School of Science on 30.10.2018 the Major Signal, Speech and Language Processing (SSLP) of the Master's programme in Computer, Communication and Information Sciences, has been discontinued from 1.8.2020 onwards.

Students, who have chosen this major and confirmed it in their personal study plan (HOPS) by 31.7.2020, can graduate according to their study plan. After 31.7.2020 the major is no longer available.
Studying the topics will be available after that, especially in majors Computer Science, and Data Science and Artificial Intelligence. You may need to include the computer science minor in your BSc studies to enter these majors.

For further information please contact planning officer Eeva Halonen, firstname.lastname@aalto.fi.

Report based practical training credits can still be applied until 31 Jan, 2019

Students are still able to apply for report based practical training credits. However, the practical training must be completed before 1 Jan, 2019 and the report and an application for credits on practical training must be submitted by 31 Jan, 2019 at the latest to the Study Office. For more information about including practical training in Master's degree, please see your Master's programme's Into site and the section Planning your studies > Practical training.

Starting from February 2019, master's students are able to obtain practical training credits only by completing the course ELEC-E7990 Professional training 2 – 5 cr.

Renewal of degree certificate

All Aalto students who graduate after 1 January 2019 are given renewed degree certificate. The certificate is updated for getting smoother preparation process and for more elegant appearance. The feedback from students has been taken into account in renewal. The change in content is that the certificate will be signed only by the dean. Visually there are more changes, e.g. the folder and the papers are new.

AllWell? 6 to 20 Feb 2019

The study well-being questionnaire AllWell? will be sent again to all Aalto 2nd year bachelor's and 1st year master's students in February 2019. Give us 15 minutes of your time – you will get personal feedback. The well-being questionnaire will be emailed to the aalto.fi addresses of all 2nd year bachelor's and 1st year master's students. The questionnaire will be available online from 6 Feb. to 20 Feb. 2019. Your response will remain completely anonymous.

Within one month, you will get personal feedback with ideas on

- how to handle stress in a better way
- how to improve your study skills
- how to stop procrastinating with difficult issues
- how feelings affect study performance

We will communicate the programme level results to the heads of the degree programmes. Development and improvement must be based on facts, and that is why your response is crucial!

The AllWell? project is a part of Aalto University’s strategy 2016–2020. The goal is to enhance student well-being by advancing the development of teaching, learning services and support for studies and better study skills.

Read more
Contact us: allwell@aalto.fi

New courses starting in period III

ELEC-E8126 Robotic manipulation starts in period III

The course provides an overview of mathematical models and algorithms behind state-of-the-art robotic manipulation. The covered viewpoints include grasping, motion planning, motion control, control in contact and redundancy, and learning manipulation skills.

After completing the course, a student can: (i) explain main concepts related to robotic manipulation; (ii) read scientific literature in robotics to choose approaches for a particular problem; (iii) implement state-of-the-art algorithms.

ELEC-E9250 Advanced physics and applications of optical fibers

This course is a continuation of its prerequisites and aims to provide a deeper understanding of nonlinear phenomena in optical fibers.

The main part is a research project related to fiber lasers, supercontinuum generation or fiber sensors for which the student returns a report and gives a presentation.

The course includes support on scientific writing and is ideal for graduate and postgraduate students in photonics.

ELEC-E9910 Networked partnering and product innovation technology - NEPPI tech

NEPPI Tech is a course for making an IoT thing from a product concept into a (near) production ready prototype, with the possibility of making a
small pre-production series of the best thing.

Please see the NEPPI Tech — Tracks for more information for the course prerequisites. There are multiple alternative tracks for students with different backgrounds.

For more information about the three NEPPI courses in general, see our NEPPI website. There you will see, for example, what kind of an IoT device your fellow students designed and implemented during summer 2018, when the course was executed for the first time.

Some other courses starting in period III

ELEC-E8105 - Non-linear Filtering and Parameter Estimation - aka Bayesian Filtering and Smoothing starts in period III
https://mycourses.aalto.fi/course/view.php?id=20984

Learning Outcomes:

The student understands the Bayesian basis of estimation in non-linear and non-Gaussian systems. The student understands the principles behind approximate filters and smoothers, and is able to use them in practice. Student knows how to estimate parameters online and offline in non-linear systems.

Contents:


ELEC-E8736 Basics of MRI – a flipped class course on how magnetic imaging actually works
https://mycourses.aalto.fi/course/view.php?id=21029

Learning Outcomes:

After completing this course, the student is able to

1. explain the classical nuclear magnetic resonance phenomenon and its use in MRI,
2. describe the imaging parameters and imaging sequence elements and explain their use in forming an image,
3. explain the principles of spatial frequency space, Fourier imaging, and their use in MRI,
4. explain how the properties of the image can be influenced.

Contents:

The contents of the course include overview of MRI, physical principles of spins and magnetization, the theory and use of rotating frame and Bloch equations, signal detection concepts, spatially varying fields and echoes, and basics of Fourier imaging in single and multiple dimensions.

Call for Outstanding candidates - Apply for the Stanford University International Summer School 2019!

Aalto University students have an excellent opportunity to apply for the Stanford Summer Session International Honors Program (IHP) organized in California on June 22 - August 18, 2019. Application is open online from 15 Dec 2018 until 15 Jan 2019 (at 18:00).

Aalto University, in conjunction with SSIHP, will provide a maximum of six full scholarships. The aim is to support the participation of one Aalto student from each School, provided that suitable candidates can be found. Each scholarship, worth approximately $15 000, covers tuition, insurance, room and board (meals) on campus. Additionally, the selected students receive a grant of €1000 for travel expenses.

More information from Into.

New workshops relating to study skills and wellbeing

Study psychologists organize various workshops relating to study skills and wellbeing during the academic year. One of these workshops is The Art of Mindful Interaction, starting in February. The workshop applies mindfulness to human interaction: how to really listen and avoid unnecessary interpretations.

For more information about these workshops, please see Into. Sign up by sending an email to opintopsykologit@aalto.fi

Language center news

Language center news is published in Into.
In English studies there will be more flexibility, support and online courses. The Finnish course for absolute beginners is Finnish 1A, but there is also the Survival Finnish course. See French and Spanish courses for beginners and for fluent users. Aalto students can also now study Portuguese in Otaniem.

Broaden your horizons! Application for exchange studies during the academic year 2019-20 is open on January 10-31.

You can apply for one semester (Autumn 2019 or Spring 2020) or the whole academic year. Open destinations for the academic year 2019-20:

- Europe (Erasmus programme)
- Nordic countries (Nordtek network)
- Asia
- Australia
- North America, Latin America
- Russia
- Free Mover scholarship

Make yourself acquainted with the destinations in Destination Database.
More information from Info and outgoing-elec@aalto.fi.

Information session on Jan 15 (in Finnish) and on Jan 17 (in English).

Upcoming events

7 Jan / 4 Feb / 18 Feb Deadline for the request of degree certificate

When your Master's degree is ready, apply for degree certificate. For further information, please see your Master's programme’s Info site and the section Graduation.

15 Jan / 17 Jan Exchange info

Interested in exchange studies? Welcome to hear and discuss about exchange studies, application and destinations.

When:
15.1. klo 16.00 (in Finnish)
17.1. klo 14.30 (in English)

Where: Maarintie 8, AS3

16 Jan Basics for Summer Job Hunting

Come and hear the best tips for getting a summer job directly from the company representatives! All students in the field of technology and business are welcome to this training. More information about the programme and registration for the event, please see Aalto CareerWeb’s Info page.

When: 16 Jan at 14.15-15.50
Where: Otakaari 1, lecture hall D

17 Jan Summer Job Day 2019 Recruitment Event

In this event arts, design, tech and business students meet employers offering summer jobs for 2019 in the middle of Aalto University's Otaniem campus. You have also a chance to have your CV photo taken at the event! Photos will be taken by a professional photographer. More information and a list of the exhibitors, please see Aalto CareerWeb's Info page.

When: 17 Jan at 9.45-14.15
Where: Otakaari 1, 1st and 2nd floor of the main lobby

21 Jan Master’s thesis info - how to get your Master's thesis started?

The event is aimed for first year MSc students and for students who are planning or about to start their thesis process.

After the event you will know what Master's thesis is and how to get the process started.

When: 21 Jan at 16-18
**23 Jan / 29 Jan Exchange clinic**

Are you applying for exchange for the academic year 2019-20? Come to the exchange clinic to approve your study plan for your exchange! The exchange coordinator and planning officers for the degree programmes will be present at the clinics. The study plans will be collected and forwarded to the professors for approval. More information: outgoing-elec@aalto.fi

**When:** 23 Jan at 13-15 & 29 Jan at 12-14

**Where:** Maarintie 8, AS3

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**24 Jan Strategy kick-off: Come and create Aalto University’s future**

What does the upcoming decade look like in research and education? What choices should Aalto University make to prosper also in the future?

We all work each and every day at Aalto to shape the future, but now it’s time for us to shape the upcoming years and to get ready to create a joint strategy for the future together. We need your expertise and insight to make it happen.

Join us for a kick-off event providing background analysis, views and discussions about the choices we at Aalto should make for the next decade. The event will be held on 24 January from 9 onwards at the Undergraduate Centre, Otakaari 1.

In the meantime, log in and visit aalto.fi website to learn more about the strategy process, participate by asking questions or by sharing your thoughts and insights about our future direction.

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**18 Feb Deadline for applications (Master’s degree students)**

Application deadline for approval of Master’s thesis topic and Master’s thesis is on 26 November. For further information, please see your Master’s programme’s Into site and the section Planning your studies > Completing your master’s thesis.

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**Piece of advice for students**

**Allwell? tools and support for student**

You’ll find the information and courses on the Into pages.

A new Starting Point of Wellbeing – service point has opened in Otakaari 1. There is no need for an appointment. Aalto study psychologists are present on Mondays.

There are new self-study materials on MyCourses pages (mainly in Finnish). Some English links related to the power of imperfection you can find here. Career planning exercises is an earlier published online course.

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**Periodic letter II**

**News**

**Student services service desk Maarintie 8, reduced opening hours**

Service desk at Maarintie 8, room 1151 closes for morning times, expect on Fridays. As of Mon 1 Oct the service desk is open Mon-Thu 12-15.30 and Fri 9.30-11.

- Processing times for study matter will be lengthened and students should take care to leave applications and other matters on time to be processed. Incomplete applications are postponed automatically to the next dead line.
- Degree diplomas will be ready by the graduation ceremony, students cannot pick them up sooner anymore.
- Course grades are registered in Oodi in 3 weeks’ time after announcement, so announcing results also directly to students is important.

If the situation continues, there will be only few programme committee meetings in the spring semester 2019 and therefore only few possibilities to evaluate theses, approve thesis topics and graduate. Students and thesis supervisors are advised to plan the finalization of the thesis well before the deadline for applications.

We have done our best to avoid cutting student and teachers services, but unfortunately, we have no choice due to resource decisions. We hope that this arrangement is temporary and will do our best to return the normal level of service.

New student advisors at TUAS student service desk
The student service desk in the TUAS building, in room 1151, is now staffed with three new student advisors in addition to the study secretary. Please see the desk’s opening hours and contact details.

You can visit the service desk if you have any questions about your studies or have a study-related application form that you wish to leave with us.

Apart from the service desk, you can now find the student advisors on Telegram with the username @opintoneuvojat. They will reply on weekdays as soon as they can.

If you need any help with your studies, don’t hesitate to drop in at the service desk or message us on Telegram.

**Flipped-class course on "Applied Stochastic Differential Equations" in Period II starting on 30.10.2018**

Have you ever wondered:
* How to model the dynamics of a moving vehicle or smartphone?
* How to describe microscopic motion of Brownian particles?
* What Itô calculus and stochastic differential equations are?
* How to solve them numerically?
* How to do Bayesian inference in SDE models?
* How to use SDEs to speed up machine learning models?

Then this course is just for you!

EEA-EV Applied Stochastic Differential Equations (3 cr, period II)
https://mycourses.aalto.fi/course/view.php?id=22916
https://mycourses.aalto.fi/course/view.php?id=22968 (For CS-EV course code)

**A new course Networked partnering and product innovation - NEPPI begins in the period II**

NEPPI (ELEC-E9900) is a master-level study project to create an IoT (Internet of Things) device from idea to sophisticated prototype. The course was piloted during summer 2018.

The official course website is at neppi.aalto.fi. Registration in oodi.

**ELEC 5000 euro Graduation reward for financially unsupported ELEC Master students graduating in the fall 2018**

A Master student matching both conditions listed below

- who graduates as Master of Science from School of Electrical Engineering during the period of 1st August - 31st December 2018;
- whose thesis work has been financially unsupported (see eligibility criteria below),

can apply for the ELEC 5000 euro Graduation reward.

For more detailed information, please see the related news.

**Are you interested in your personal growth?**

Personal Impact is a mindset and a movement, an entity created for all Aalto students. We bring to light already existing courses in Aalto University on values and meaningfulness, self-leadership, societal impact, human potential and well-being.

Check out the course list (teaching languages: English or Finnish) for this academic year in http://www.personalimpact.aalto.fi/courses/

please note, that some of the courses may have prerequisites or restrictions in registration. Always follow the instructions on course WebOodi page.

**Apply for exchange to Japan for academic year 2019-2020. Application is open on 1.11.-1.12.18. Information event on exchange in Japan 29th Oct.**

Students at CHEM, ELEC, ENG and SCI can apply for student exchange to Japanese partner universities in November (1.11.-1.12.2018) for the autumn term, spring term or the whole academic year 2019-2020. Destinations in Japan are Japanese top universities in technology and engineering.
All students who are interested in exchange in Japan in academic year 2019-2020 or later are welcome to participate in an information event on Monday 29th October from 4:15pm to 5:30pm at Lecture room T5 (1st floor), CS-building, Konemiehentie 2. Coffee, tea and bread served!

You can find more about Japanese exchange destinations at Destination database. Please use the following research criteria: 1) Country = Japan and 2) Open for applications (active) = Active. Please note that minimum GPA in order to apply for Japanese exchange destinations is 3.5 (except Shibaura Institute of Technology). The latest information on the partner university can be found at partner university's own web page. Please check Into website for information on application periods and instructions.

The Art of Mindful Interaction

Have you ever wondered why it's sometimes so difficult to understand people with different backgrounds? Or have you ever been misunderstood when you are abroad? In our communication we often make lots of interpretations and assume things. During the workshop we learn:

- how to be mindful in interaction with other people
- how to be more aware of cultural backgrounds
- how awareness of our emotions helps us to adjust in different cultures
- how compassion deepens interaction

This workshop fits well for international students and students returning from exchange.

There will be six sessions on Mondays at 14:00-16:00 from 29 October to 3 December 2018, class room Majakka (M140), Otakaari 1. For more information and sign-up, please visit Into. See also other workshops and courses offered to students!

Apply for a grant from funds governed by ELEC

Our school governs several funds, that award grants to students and teachers. Application period is this year until November 11. Please check announcements in Into grant page.

Upcoming events

22 Oct / 5 Nov / 19 Nov / 3 Dec / 10 Dec Deadline for the request of degree certificate

When your Master's degree is ready, apply for degree certificate. For further information, please see your Master's programme's Into site and the section Graduation

29 Oct Information event on exchange in Japan

All students who are interested in exchange in Japan in academic year 2019-2020 or later are welcome to participate in an information event on Monday 29th October from 4:15pm to 5:30pm at Lecture room T5 (1st floor), CS-building, Konemiehentie 2. Coffee, tea and bread served!

1 Nov TalentIT Career Forum 2018

Welcome all Aalto students to Finland’s biggest ICT recruitment and career fair! The event provides wide range of comprehensive and versatile overview of current employers and career opportunities in various business fields and industry sectors. TalentIT is an excellent opportunity to network with a wide range of professionals and to find a new job or internship.

Please see Into and the event's website for more info!

When: 1 Nov from 11 to 17
Where: Otahalli, Otaranta 6

11 Nov ELEC funds' grant application DL

Check Into.

26 Nov Deadline for applications (Master's degree students)

Application deadline for approval of Master's thesis topic and Master's thesis is on 26 November. For further information, please see your Master's programme's Into site and the section Planning your studies > Completing your master's thesis.

Piece of advice for students
Start to learn a new language or continue your previous studies!

The Language Centre offers courses on various different languages at different levels. It is more than possible to start to learn a new language from scratch or continue language studies started in high school, for example. Please see The Language Centre’s Inti site to find more info about the different languages and courses offered.

You can take up German, French or Spanish from beginner level from period II onwards, in case you register today 22 Oct and there are still places left!

Various language courses are offered throughout the academic year. Please be quick with the registration, though: courses fill up quickly and registration for language courses ends two weeks before the course actually begins. In case you are planning language studies for period III, please note that the registration starts and ends in December.

The Language Centre also offers studies in Speech communication (public speaking skills, for example) and Intercultural communication - All are relevant communication skills during studies and after!

Aalto students can also take language and communication courses offered through collaboration network. Languages offered include Finnish as foreign language, Italian, Japanese and Korean.

Periodic letter I

News

Don’t forget to enrol as attending or non-attending by September 14!

All students must enrol as attending or not-attending for each semester. The enrolment is done via WebOodi (www.oodi.aalto.fi) and the mandatory Student Union fee for attendance can be paid at the same time.

Students enrolled as attending can register for courses and exams, and accumulate credits. Please note that also procedures such as applications for Master’s thesis topic and acceptance require that you enroll as attending. However, if you do not intend to study at all, it is advisable to change your enrolment status to not-attending, as the number of semesters that you can attend is limited.

Further information on the enrolment and registration: Enrolment for the academic year

Follow-up letters to the Bachelor students

The School of Electrical Engineering follows the study progress of the Bachelor’s degree programme students every semester. In the beginning of autumn 2018 the credits of spring 2018 of the students attending 1, 2, 3 and 5 semesters are being followed. The follow-up does not demand any mandatory action of the students. Above all, the School wants to provide support for planning of the studies and study skills at an early point.

Instructions for credit transfer have been renewed on 1 August 2018.

The aim is to enhance the equal treatment of students and to simplify the process whereby learning gained elsewhere is recognized and identified. Credit transfer always requires that the prior learning be in line with the learning outcomes set for the degree and for the component towards which credit transfer is sought, such as a course.

The new instructions will mean, that from 1 August 2018 any prior studies or learning demonstrated in some other manner that is counted towards a degree will be graded Pass/Fail, with the exception of studies associated with Aalto joint or double degree programmes or teaching arranged in collaboration with another Finnish university or university of applied sciences.

Credit transfer applications submitted prior to 1 August 2018 are processed in accordance with the credit transfer guidelines in force at the time of application.

Detailed instructions on credit transfer

Emergency contact information in WebOodi

You can now add emergency contact information in WebOodi, for example, the contact information of a family member who can be made aware of in case of an emergency.

To add emergency contact information in WebOodi, do the following:

- log in to WebOodi
- go to personal data
- click on emergency contact information
- fill in the details
Including practical training in Master’s degree

Students have been able to include practical training in their degrees by submitting a report. Maximum of practical training credits have been 5 cr for Bachelor’s degree and 5 cr for Master’s degree, total amount being 10 cr.

The practice has changed so that Master’s students are able to obtain practical training credits via the course ELEC-E7990 Professional training 2 – 5 cr.

However, if you have completed practical training before Jan 1, 2019 you can still apply for credits by submitting a report. The report and an application for credits on practical training must be submitted by 31 Jan, 2019 at the latest to the Study Office. For more information about including practical training in Master’s degree, please see your Master’s programme’s Into site and the section Planning your studies > Practical training.

Apply for exchange for the spring term 2019! Application open on September 1-20.

You can apply for:

- Available places after the February main application round (many destinations in Europe and some outside Europe)
- Free mover scholarship (independently obtained exchange place)
- Scholarship for thesis work abroad

More information from Into and outgoing-elec@aalto.fi.

Information session (in Finnish) on Tuesday, September 11, at 14-16. Place: Maarintie 8, TU5.

There’s still time to register to UWAS-courses starting in period I!

University-Wide Art Studies (UWAS) offers all Aalto students an opportunity to explore art-based practices and processes beyond disciplinary boundaries. Its course portfolio consists of thematically focused and carefully curated courses where art and design facilitate transdisciplinary encounters between students from various backgrounds.

Registration to the following courses starting in period I is now open:

- **UWAS-C0002** On Site - Island Workshop, 3 ECTS
- **UWAS-C0047** Consumer Culture and Aesthetics, 5 ECTS
- **UWAS-C0039** Diving Into Fashion technologies, 3 ECTS
- **UWAS-C0035** Electric energy in the arts, 3 ECTS

For more information about UWAS and all the courses offered in this academic year, please see Into.

New courses begin in teaching period I!

New courses **ELEC-E8424 Distributed generation technologies** and **ELEC-E8739 AI in health technologies** start in period I. Registration to the course in now ongoing on Weboodi.

Want to be successful? If the answer is yes - join us to become a M.Sc. in Technology in a new way!

FITech network university offers all study modules taught at Finland’s technical universities in one handy place. As an Aalto University student you might want to choose a new minor subject or a single course offered by another technical university current curriculum

Applications are now welcome for the fall semester! All studies are free-of-charge. Credits are eligible to be included in your MSc degree. A quick and easy application process!

Check out FITech student Sami’s moments to remember in the So you want to be successful! studio.

More info: www.fitech.io

Are you looking for a grant to write master’s thesis? Apply for a grant from Foundation for Aalto University Science and Technology

Established by Finnish industry, Foundation for Aalto University Science and Technology supports the scientific research and teaching of technical disciplines at the Aalto University schools of technology. In recent years, the Foundation has co-financed master’s theses of the schools of technology with the help of industry-donated funds.
For more detailed information about the grant and application process, please see the foundation's website.

**ELEC 5000 euro Graduation reward for financially unsupported ELEC Master students graduating in the fall 2018**

A Master student matching both conditions listed below

- who graduates as Master of Science from School of Electrical Engineering during the period of 1st August - 31st December 2018;
- whose thesis work has been financially unsupported (see eligibility criteria below),

can apply for the ELEC 5000 euro Graduation reward.

For more detailed information, please see the related into news.

**Upcoming events**

**5 September Aalto Day One of the academic year 2018-2019**

Come and celebrate the opening of the academic year together with the entire Aalto community at 16 at Alvarin aukio square!

**10 Sep / 24 Sep / 8 Oct / 22 Oct Deadline for the request of degree certificate**

When your Master's degree is ready, apply for degree certificate. For further information, please see your Master's programme's into site and the section Graduation.

**17 Sep Deadline for applications (Master's degree students)**

Application deadline for approval of Master's thesis topic and Master's thesis is on 17 September. For further information, please see your Master's programme's into site and the section Planning your studies > Completing your master's thesis.

**20 Sep Graduation ceremony**

Graduation ceremony is a public event open for all. Those who will be graduating, will receive a separate invitation and may bring guests. For further information, please see your programme's into site and the section Graduation.

**Are you applying for exchange for the spring 2019? Visit an exchange clinic and get your study plan approved!**

**Timetable for the exchange clinic:**
- Wednesday 12 Sept at 12:00-14:00
- Monday 17 Sept at 11:30-13:00

Place: Maarintie 8, room 1153.

Planning officers for the degree programmes as well as the exchange coordinator will be present.

More information: outgoing-elec@aalto.fi

**Piece of advice for students**

**New workshops relating to study skills and wellbeing**

Study psychologists organize various workshops relating to study skills and wellbeing during the academic year. Now there are two upcoming workshops in English: *Mindful tools for stress management* and *The Art of Mindful Interaction*. While the workshop for stress management aims to teach self-compassion and tools for reducing stress through mindfulness, the workshop for mindful interaction applies mindfulness to human interaction: how to really listen and avoid unnecessary interpretations.

For more information about these workshops, please see into. Sign up by sending an email to opintopsykologit@aalto.fi